

Figure 1A
Products and Dosage

1. Flax Oil – 2 capsules (1,000 mg each) each morning and evening.
2. Heritage Omega-3 Oil – 2 capsules (1,000 mg each) each morning and evening.
3. Shark Cartilage – 5 capsules (250 mg each) each morning and evening.
4. Heritage Dino Bites – (montmorillonite minerals) 1 tablet (300 mg) each morning and evening.
5. Vitamin C – 2 tablets (500 mg each) each morning and evening.
6. Beta Carotene (Vitamin A) – 1 capsule (25,000 IU) every two days.
7. Heritage Complete – 2 tablets each morning and evening. Each tablet consists of multivitamins and minerals::

Vitamin A	1,666 IU
Vitamin C	100 mg
Vitamin D	66 IU
Vitamin E	33 IU
Vitamin K	13 mcg
Thiamin	2.5 mg
Riboflavin	2.8 mg
Niacin	17 mg
Vitamin B6	3.3 mg
Folic Acid	67 mcg
Vitamin B12	10 mcg
Biotin	50 mcg
Pantothenic Acid	10 mg
Calcium proteinate	17 mg
Iodine	25 mcg
Magnesium	17 mg
Zinc	2.5mg
Selenium	12 mcg
Copper proteinate	0.33 mg
Manganese	1.7 mg
Chromium	34 mcg
Molybdenum	17 mcg
Potassium	17 mg
Garlic Cloves	83 mg
Choline	34 mg
Inositol	17 mg
PABA	17 mg
Boron	0.5 mg
Octosanol	0.5 mg
Silicon	0.17 mg
Vanadium	17 mcg

Figure 1A-Continued

Proprietary Blend:

Chlorella, Korean Ginseng, Lemon bioflavenoids, Papain, Rose Hips, Rutin, Coenzyme Q 10.

8. Heritage Osteoguard – 1 tablet each morning and evening. Each tablet contains:

Vitamin D	10 IU
Hydroxyadpatite and citrate	250 mg
Magnesium (as citrate)	100 mg

9. Heritage Platinum – 2 capsules each morning and evening. Each capsule contains:

Pine Bark Extract	10 mg
Grape Seed Extract	40 mg

Proprietary Blend of citrus bioflavenoids, Rutin, Quercetin

10. Heritage Cat's Claw – 1 capsule (600 mg) each morning and evening

11. Heritage Gold - 1 capsule each morning and evening. Each capsule contains Pancreatin, Lactase, Lipase, Amylase, Catalase, Chrymotrypsin, Trypsin, Cellulase, Zinc Gluconate.

12. Vitamin E – 1 softgel (400 IU) each morning and evening.

13. Essiac Tea – Drink 2 ounces of tea 3 times daily at least 20 minutes prior to eating.

14. Hydrazine Sulfate – 60 mg tablets.

- A. One tablet daily for first three days.
- B. Two tablets daily for days 4, 5, and 6.
- C. Three tablets daily for the following 46 days.
- D. No tablets for 7 days.

Figure 1A - end

Figure 1B
Products and Dosage

1. Flax Oil – 2 capsules (1,000 mg each) each morning and evening.
2. Heritage Omega-3 Oil – 2 capsules (1,000 mg each) each morning and evening.
3. Shark Cartilage – 10 capsules (250 mg each) each morning and evening.
4. Heritage Dino Bites – (montmorillonite minerals) 1 tablet (300 mg) each morning and evening.
5. Vitamin C – 2 tablets (500 mg each) each morning and evening.
6. Beta Carotene (Vitamin A) – 1 capsule (10,000 IU) every morning.
7. Heritage Complete – 3 tablets each morning and evening. Each tablet consists of multivitamins and minerals::

Vitamin A	1,666 IU
Vitamin C	100 mg
Vitamin D	66 IU
Vitamin E	33 IU
Vitamin K	13 mcg
Thiamin	2.5 mg
Riboflavin	2.8 mg
Niacin	17 mg
Vitamin B6	3.3 mg
Folic Acid	67 mcg
Vitamin B12	10 mcg
Biotin	50 mcg
Pantothenic Acid	10 mg
Calcium proteinate	17 mg
Iodine	25 mcg
Magnesium	17 mg
Zinc	2.5 mg
Selenium	12 mcg
Copper proteinate	0.33 mg
Manganese	1.7 mg
Chromium	34 mcg
Molybdenum	17 mcg
Potassium	17 mg
Garlic Cloves	83 mg
Choline	34 mg
Inositol	17 mg
PABA	17 mg
Boron	0.5 mg
Octosanol	0.5 mg
Silicon	0.17 mg
Vanadium	17 mcg

Figure 1B - Continued

Proprietary Blend:

Chlorella, Korean Ginseng, Lemon bioflavenoids, Papain, Rose Hips, Rutin, Coenzyme Q 10.

8. Heritage Osteoguard – 1 tablet each morning and evening. Each tablet contains:

Vitamin D	10 IU
Hydroxyadpatite and citrate	250 mg
Magnesium (as citrate)	100 mg

9. Heritage Platinum – 2 capsules each morning and evening. Each capsule contains:

Pine Bark Extract	10 mg
Grape Seed Extract	40 mg

Proprietary Blend of citrus bioflavenoids, Rutin, Quercetin

10. Heritage Cat's Claw – 1 capsule (600 mg) each morning and evening

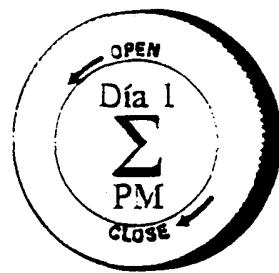
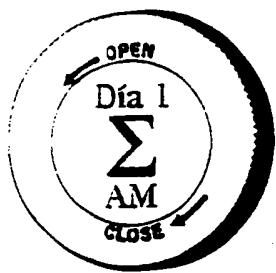
11. Heritage Gold - 1 capsule each morning and evening. Each capsule contains Pancreatin, Lactase, Lipase, Amylase, Catalase, Chrymotrypsin, Trypsin, Cellulase, Zinc Gluconate.

12. Vitamin E – 1 softgel (400 IU) each morning and evening.

13. Essiac Tea – Drink 2 ounces of tea 3 times daily at least 20 minutes prior to eating.

Figure 1B - end

FIGURE 2



Beta Caroteno	1 cápsula
Uña de Gato	1 cápsula
Complete.....	2 tabletas
Dino Bites	1 tableta
Gold	1 cápsula
Omega-3	2 cápsulas
Osteoguard	1 tableta
Platinum	2 cápsulas
Cartílago de Tiburón	5 cápsulas
Vitamina C	1 tabletas
Vitamina E.....	1 cápsulas

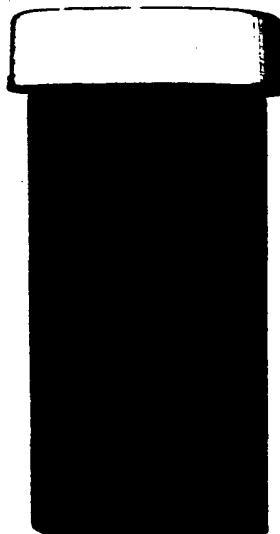
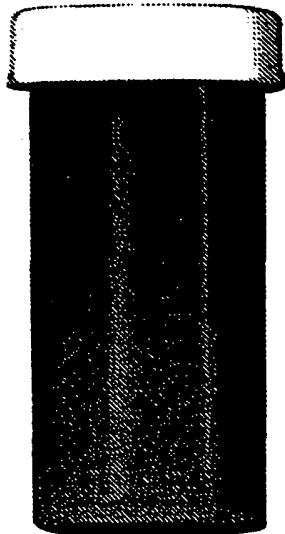


Figure 3

ESSIAC TEA

Preparation of the 4-Herb Formula

SUPPLIES NEEDED:

Stainless steel or enamel canning pot (size: 2 gallons or 8 liters) with lid. (Do not use aluminum.)

Another large pot to pour hot liquid into while you strain it. This can be Pyrex or stainless steel.

Stainless steel mesh strainer and spoon and ladle (a large soup serving spoon)

16 ounce (1/8 liter) or 32 ounce (1/4 liter) amber glass bottles in which to store your finished product (they should be amber or a dark color, as the formula is light sensitive and will not stay as potent in clear glass bottles)

Preparation Procedure

To make the one gallon recipe, use the four herb-package (approximately 1/2 cup).

Bring one gallon of water to a boil. Stir in herbs, replace lid and boil for 10 minutes.

Turn off stove, scrape down sides, mix well and allow pot to sit and remain closed for 12 hours.
(This is the steeping and extraction process.)

After 12 or more hours, reheat to almost boiling (about 10 minutes). Let cool for 5 minutes and begin straining process. Strain as many times as you like. A little herb left in the liquid will not hurt it in any way. It is also satisfactory to allow the solids, etc. to settle to the bottom and then skim off the liquid with a soup ladle. Reheat your liquid once again (2 to 3 minutes only). This will kill any bacteria that may have landed in your liquid and help keep it from spoiling.

Using a funnel or a glass measuring cup, put your hot liquid into preheated bottles. You can heat the bottles in the oven at 200 degrees for 5 or 10 minutes. Do not put bottle caps in oven!

Cap, let cool and then put in the refrigerator. This will be good for one month. Label the bottles the day you make the tea and also the day it expires.

Directions for Use

Mix 2 ounces of herbal liquid with two ounces of warm water. Never heat this formula or the hot water in a microwave!

The formula should be taken on an empty stomach to allow for better absorbability. Always take before eating. Wait 15 to 20 minutes before eating.

This formula can be taken 1 to 3 times per day. The herbal formula is non-toxic in proper doses and has a pleasant taste similar to black tea. These herbs do stimulate the body to throw off toxins and, therefore, it is important that you drink plenty of clean water and have regular bowel movements.

For cancer and serious ailments the dosage is 3 times per day for as long as tests indicate the presence of cancer. Then 2 times per day for an additional year. For long term maintenance and gentle detoxification the dosage is 1 time per day.

Fig. 4

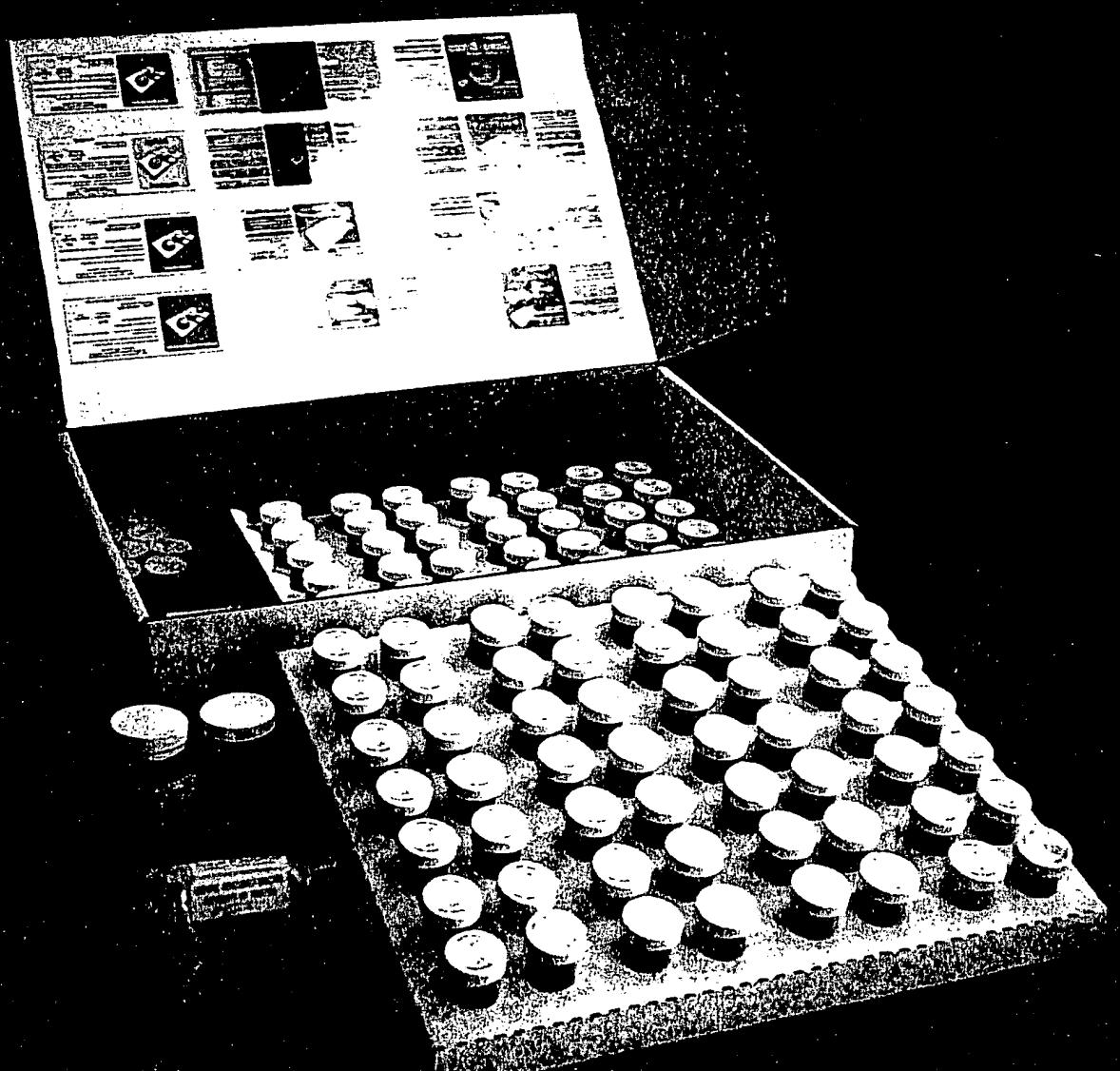


Fig. 5

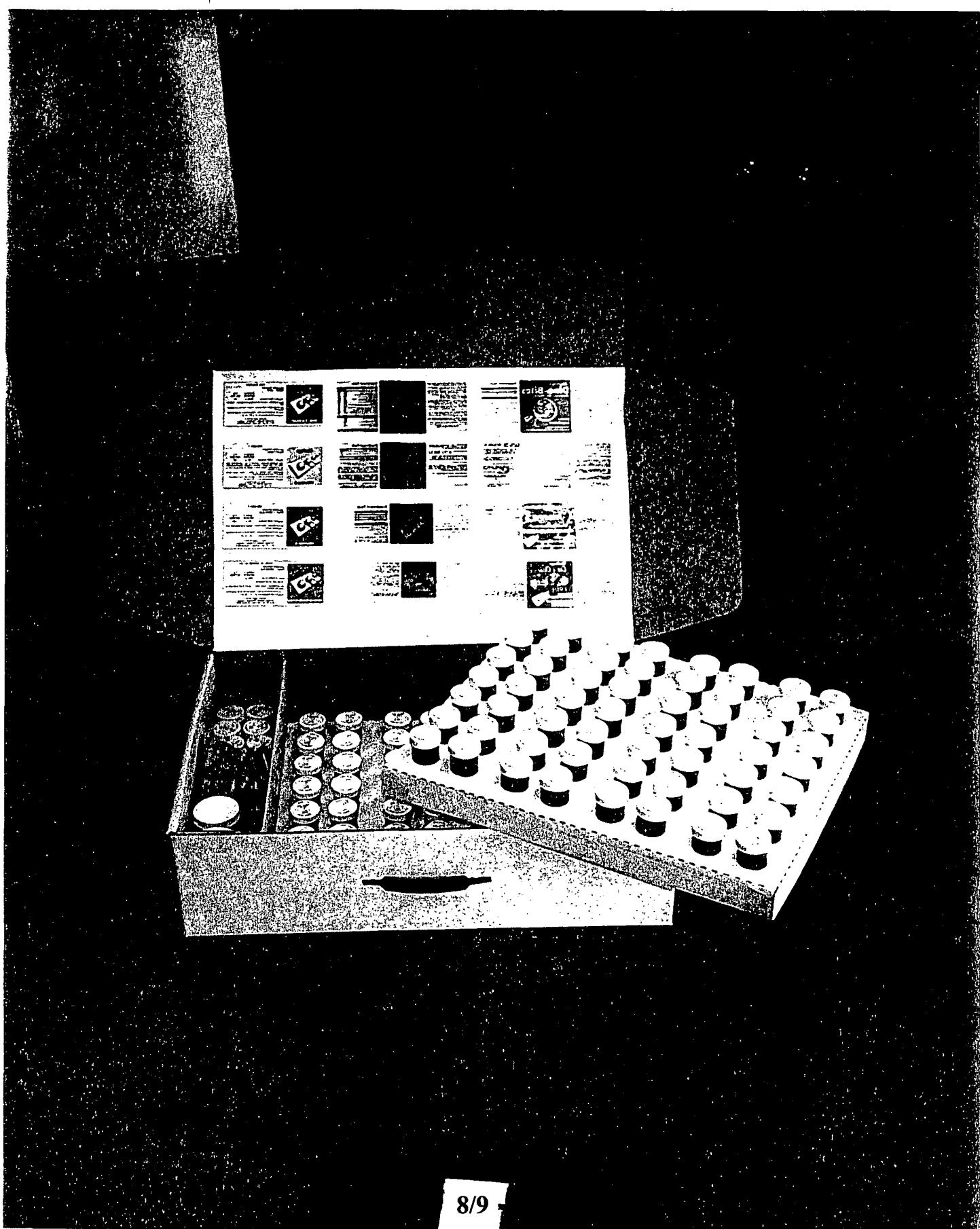
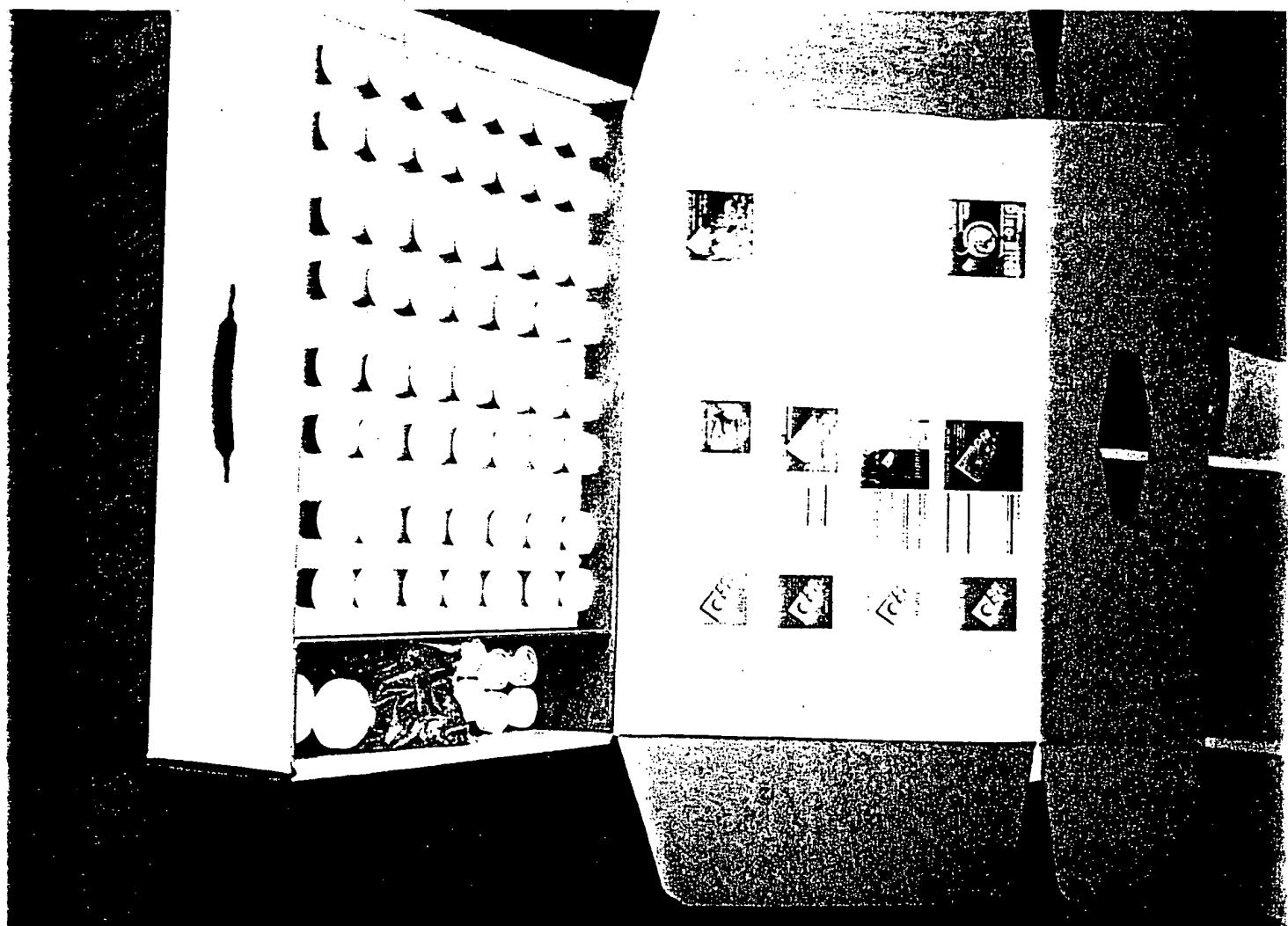


Fig. 6



5